

Kursplan Gymnastik

September 2024

Montag		Dienstag		Mittwoch	Donnerstag		Freitag
9.00 - 10.00 Seniorengymnastik Ursel Matthaedi				8.30 - 11.45 Qi Gong (VHS) 04.08.-11.12.			09.00 - 10.00 Rehasport Fit ins Alter Kevin
		10.00 - 11.00 Rehasport Hüfte & Knie			10.00 - 11.00 Rehasport Level 2 Vanessa		10.00 - 11.00 Rehasport Level 2 Kevin
		11.00 - 12.00 Rehasport Level 2			11.00 - 12.00 Rehasport Level 2 Vanessa		11.00 - 12.00 Rehasport Level 1-2 Kevin
		12.00 - 32.00 Rehasport Level 2					14.45 - 15.45 Tanztiger Kinder 4-8 Jahre Aleks K
16.00 - 17.00 Rehasport Level 1		16.00 - 17.00 Line Dance Chris Maillot (ab 10/24)		16.00 - 16.45 Lady Style Michael Ab 18.09.	16.00 - 17.00 Rehasport Level 2		
17.00 - 18.00 Rehasport Level 2		17.00 - 18.00 Rehasport Kevin		17.00 - 18.00 Rehasport Level 2 Hannah	17.00 - 18.00 Rehasport Hüfte & Knie		17.00 - 18.00 Gymnastik Ursel Matthaedi
18.00 - 19.00 Rehasport 2-3	18.00 - 18.45 Taiso online Heiko Manstein	18.00 - 19.00 Aroha Pia Ab 17.09.		18.00 - 19.00 Rehasport Level 2 Hannah	18.00 - 19.00 Rehasport 3	18.00 - 18.45 Taiso online Heiko	
19.00 - 20.00 Gymnastik Ursel Matthaedi		19.30 - 20.30 Athletik Crossfit Alex. Kostic Matte 1 + 2	19.00 - 20.00 Move & Relax Aleks K.	19.00 - 20.00 Rehasport Level 2-3 Hannah	19.00 - 20.00 Fit to dance Chris Maillot Ab 18.09.		19.30 - 21.30 Selbstverteidigung Alex Kostic
20.15 - 21.15 Fitness-Gymnastik Chris Murawski		20.00 - 21.00 Gymnastik Angelika/Grazia		20.00 - 21.30 Tai-Chi Lieselotte Skade	20.00 - 21.00 Fitness-Gymnastik Chris Murawski		